

We claim:

1. A method for treating or ameliorating hypertension or high blood pressure in individuals in need thereof which is comprised of administering orally an effective amount of (–)-hydroxycitric acid.
2. A method for treating or ameliorating hypertension or high blood pressure by lowering elevated insulin in individuals in need thereof which is comprised of administering orally an effective amount of (–)-hydroxycitric acid.
3. A method for treating or ameliorating hypertension or high blood pressure by lowering elevated glucocorticoid levels in individuals in need thereof which is comprised of administering orally an effective amount of (–)-hydroxycitric acid.
4. The method of claim 1 where the (–)-hydroxycitric acid is supplied as a therapeutically effective amount of the free acid or its lactone.
5. The method of claim 1 where the (–)-hydroxycitric acid is supplied as a therapeutically effective amount of the alkali metal salts potassium or sodium (–)-hydroxycitrate.
6. The method of claim 1 where the (–)-hydroxycitric acid is supplied as a therapeutically effective amount of the alkaline earth metal salts calcium or magnesium (–)-hydroxycitrate.
7. The method of claim 1 where the (–)-hydroxycitric acid is supplied as a therapeutically effective amount of a mixture the alkali metal salts and/or the alkaline earth metal salts of (–)-hydroxycitrate or some mixture of alkali metal salts and alkaline earth metal salts of (–)-hydroxycitrate or in the form of therapeutically effective amide and/or ester derivatives of (–)-hydroxycitric acid.
8. The method of claim 1 where the (–)-hydroxycitric acid is supplied as a therapeutically effective amount as the free acid, its lactone or as one or more of the salts or other derivatives of

the free acid and is delivered in a controlled release form.

9. The method of claim 2 where the (–)-hydroxycitric acid is supplied as a therapeutically effective amount of the free acid or its lactone.

10. The method of claim 2 where the (–)-hydroxycitric acid is supplied as a therapeutically effective amount of the alkali metal salts potassium or sodium (–)-hydroxycitrate.

11. The method of claim 2 where the (–)-hydroxycitric acid is supplied as a therapeutically effective amount of the alkaline earth metal salts calcium or magnesium (–)-hydroxycitrate.

12. The method of claim 2 where the (–)-hydroxycitric acid is supplied as a therapeutically effective amount of a mixture the alkali metal salts and/or the alkaline earth metal salts of (–)-hydroxycitrate or some mixture of alkali metal salts and alkaline earth metal salts of (–)-hydroxycitrate or in the form of therapeutically effective amide and/or ester derivatives of (–)-hydroxycitric acid.

13. The method of claim 2 where the (–)-hydroxycitric acid is supplied as a therapeutically effective amount as the free acid, its lactone or as one or more of the salts or other derivatives of the free acid and is delivered in a controlled release form.

14. The method of claim 3 where the (–)-hydroxycitric acid is supplied as a therapeutically effective amount of the free acid or its lactone.

15. The method of claim 3 where the (–)-hydroxycitric acid is supplied as a therapeutically effective amount of the alkali metal salts potassium or sodium (–)-hydroxycitrate.

16. The method of claim 3 where the (–)-hydroxycitric acid is supplied as a therapeutically effective amount of the alkaline earth metal salts calcium or magnesium (–)-hydroxycitrate.

17. The method of claim 3 where the (–)-hydroxycitric acid is supplied as a therapeutically effective amount of a mixture the alkali metal salts and/or the alkaline earth metal salts of (–)-hydroxycitrate or some mixture of alkali metal salts and alkaline earth metal salts of (–)-hydroxycitrate or in the form of therapeutically effective amide and/or ester derivatives of (–)-hydroxycitric acid.

18. The method of claim 3 where the (–)-hydroxycitric acid is supplied as a therapeutically effective amount as the free acid, its lactone or as one or more of the salts or other derivatives of the free acid and is delivered in a controlled release form.